

RF 204.909USN 4/8/05

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In the abstract:

On a separate page following the claims, please add the following abstract:

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--ABSTRACT

The method is for using a shoe system having a resilient shoe insert. A shoe has a shoe insert disposed inside the shoe. The insert has an upper leg and a lower leg connected by a front end with a curvature. The legs have concave segments and end points, respectively. A load is put on the insert to compress the end points towards one another. This shortens the effective length of the legs because the legs are in contact at a contact segment. This makes the insert stiffer the more it is compressed. The effective length of the legs is shorter at the outside compared to the inside so that the outside is stiffer than the inside.--

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